

Another Journey Begins™



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MOTIVATE YOU AND YOUR TEAM 1 DAY WORKSHOP

Motivation can be generated by a variety of factors. Do we have control over these factors? If it motivates you should it motivate your team? Getting the best from your team is a sign of a successful manager. Motivated staff enjoy their work, are less absent and more productive. So what's the key to motivating people?

Over the day, learn how to:

- ❖ Briefly explain the basics of motivational theory
- ❖ Recognise what motivates ourselves and others
- ❖ Explore what barriers there are to motivation and how to overcome them
- ❖ Work with de-motivated employees
- ❖ Listen and give feedback effectively
- ❖ Set clear motivational targets
- ❖ Explain why an undernourished body can hinder motivation
- ❖ Commit to action.

Who would enjoy this course?

Appropriate for anyone who wishes to develop and maintain highly motivated teams. If you want to return to work with energy and have a positive impact on the motivation of others then come along.